



AN INNOVATIVE APPROACH TO CULTIVATING HEALTHY ACADEMIC COMMUNITIES

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BACKGROUND

- Nurses serve as leaders, role models and champions of health and well-being, but don't always "practice what they preach" in terms of personal health and well-being behaviors¹.
- A healthy nurse is one who "actively focuses on creating and maintaining a balance and synergy of physical, intellectual, emotional, social, spiritual, personal and professional wellbeing²".
- Healthy role models in academic environments are needed, as major trends across the nation's college campuses demonstrate:
 - Declining physical fitness
 - Declining emotional health
 - An increase in stress, anxiety, depression
 - An increase in fear of failure and lack of resilience^{1,3}.
- Nursing faculty, staff, and students are ideal candidates to serve as healthy role models in academic communities and beyond.
- The purpose of this project is to describe how implementing a college Field Day is being used as an innovative approach to cultivating a healthy academic environment.

THEORETICAL FRAMEWORK

Social Capital (Hanifan, 1916⁴):

- Defined as the "goodwill, fellowship, mutual sympathy and social intercourse among a group of individuals and families who make up a social unit" (p. 130).
- Investing in social capital means creating opportunities for people to socialize and work together to make everyday life more worthwhile^{4,5}.
- Social capital has capacity to:
 - Boost productivity outcomes otherwise unachievable⁶
 - Boost academic performance of students
 - Improve self-reports of stress, anxiety, depression, or sleep difficulties
 - Relate to stronger outcomes for nurses, patients, and health care organizations through improved communication, teamwork, staff retention, and patient safety⁵.



TEAMS



THE NIGHT SHIFT

BALLOON RACE



NICK'S
CHICKS



THE
NEON
NIGHTINGALES



STRAIGHT
OUTTA
CAPSTONE



THE
TIE-
DYED
TIDE

ACTIVITIES



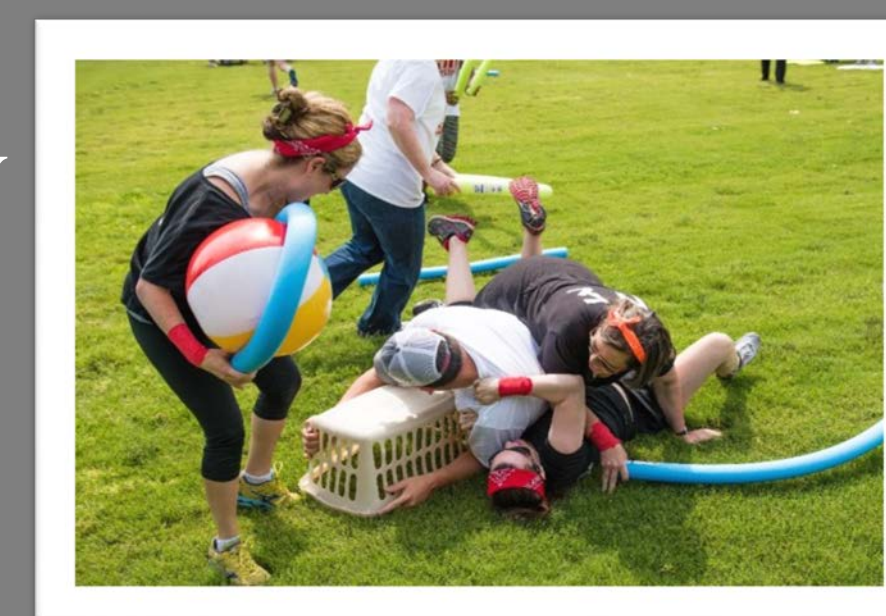
EGG SPOON
RELAY



HULA
HOOP



KICK-
BALL



LAUNDRY
BASKET
SOCCER

FIELD DAY IMPLEMENTATION

- Implementation: The purpose of this event was to:
 - Promote physical activity
 - Facilitate an increased sense of community
 - Enhance collegial relationships among faculty and staff participants
- Team Creation:
 - Diversity: Participants assigned with the intent of creating diverse teams in regards to: faculty/staff, male/female, older/younger, and athletic ability.
 - Creativity: Teams encouraged to be creative with team name and/or uniform.
 - Leadership: Captains designated by individual teams.
 - Inclusion: Cheerleading squad created for those wishing to observe and support rather than participate.
- Field Day:
 - Teams competed in various activities out on the lawn during the morning
 - After the friendly competition, a healthy lunch was served
 - Awards handed out at lunch to the winning team
- Recommendations for the Future:
 - New activities
 - Weather back-up plan

REFERENCES

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- ⁴Hanifan, L. J. (1916). The rural community school center. *Annals of the American Academy of Political and Social Science*, 67, 130-138. doi:10.1177/000271621606700118
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